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Nutcracker

CHOREOGRAPHY **GALINA YORDANOVA & NINA MENON**

MUSIC **Pyotr Ilyich Tchaikovsky** COSTUME DESIGN **Paul Daigle** SCENIC DESIGN **Brian Perchaluk** LIGHTING DESIGN **Michael J. Whitfield**



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CHOREOGRAPHY GALINA YORDANOVA & NINA MENON
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NEWS WORTH SHARING.

Professional cuddler in demand

Victoria massage therapist will snuggle up with clients for \$60 an hour, and she says business is booming

PAGE 6

Big spike in aboriginal women in prison: Study

Number grew a staggering 97% from 2002 to 2012

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Avian flu found on 2 B.C. farms

Food safety. Thousands of birds have died and thousands more will be euthanized after virus detected in Chilliwack and Abbotsford

MATT KIELTYKA
 matt.kieltyka@metronews.ca

Some 18,000 birds will be euthanized after avian flu was detected on two poultry farms in Abbotsford and Chilliwack, according to the Canadian Food Inspection Agency.

Dr. Harpreet Kochhar, chief veterinary officer with the CFIA, briefed media on the situation Tuesday afternoon, confirming that preliminary tests have identified an H5 strain of flu at the two farms, which are approximately eight kilometres from each other.

The farms have been placed under quarantine and the animals will be "humanely euthanized," he said.

Testing is continuing to identify the exact strain of



The Canadian Food Inspection Agency announced Tuesday that avian flu has been detected at two Fraser Valley poultry farms.
 JUSTIN SULLIVAN/GETTY IMAGES FILE

birds were exposed to the virus in the first place.

The exact location and names of the farms have not been released.

Of the 11,000 birds at the turkey farm in Abbotsford, nearly half have died from the virus.

The turkeys were approximately 83 days of age and primed to go on sale during the Christmas season, B.C.'s chief veterinary officer Dr. Jane Pritchard said.

The Chilliwack farm had approximately 7,000 birds on its premises, with as many as 1,000 having already died.

Pritchard said it's too early to say how the birds picked up the strain.

"There's no direct connection to the two barns," she said. "We can't say it was migratory birds. That's why we have investigations to see if personnel moved between the two farms."

Officials say they are working with the poultry industry to prevent a further outbreak.



Follow Matt Kieltuka on Twitter @Mkieltuka

the flu.

Officials say there is no

food-safety risk with cooked meat, and only humans in

direct contact with the birds risk contracting the virus.

An investigation is underway to determine how the

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B.C. proposes wider bike paths along Stanley Park Causeway

Safety a top priority. Ministry of Transportation reveals its proposed design for the 2.2-kilometre road

EMILY JACKSON
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The province wants to widen sidewalks and install fences separating cyclists and pedestrians from cars to improve safety along the Stanley Park Causeway, but tree lovers will be rankled by its plan to axe 14 mature trees to make space.

The Ministry of Transportation revealed its proposed design — for the 2.2-kilometre road that connects Downtown Vancouver to the North Shore — at a public information session in Coal Harbour on Tuesday.

It would expand the northbound path by 1.9 metres for



Cars approach the Stanley Park Causeway in Vancouver on Tuesday. EMILY JACKSON/METRO

two-way pedestrian traffic and one-way cycling traffic and widen the southbound path by 0.4 metres to dedicate it solely to cyclists travelling in the opposite direction. A 1.4-metre high fence would be installed on both sides to separate cars from pedestrians and cyclists.

Safety was “absolutely” the

top priority when coming up with the design, the ministry’s district manager Ashok Bhatti said at the session.

The ministry began working on changes in fall 2013, a few months after a 61-year-old cyclist died when she fell off the narrow sidewalk shared by pedestrians and cyclists. The

woman bumped into a pedestrian, tumbled into traffic and was struck and killed by a city bus.

“We want to minimize impact to the park land — it’s an important piece of infrastructure within the Lower Mainland — but what we really wanted to do was improve

safety along this corridor,” Bhatti said.

Originally the ministry considered chopping down 209 trees but narrowed the path so only 14 trees would be affected. When the causeway was widened in 2000, protesters climbed the trees in a failed attempt to save them.

While the ministry controls the road, the park board ultimately has power over the trees.

Park board chair John Coupar said he will listen to what people say before making a decision on the final design, which is expected to go before the park board in early 2015.

“We have to think about public safety, obviously. There was a very tragic situation, and we certainly don’t want a repeat of that,” he said. “And we love trees.... We have to be very careful.”

The ministry is accepting feedback from the public at gov.bc.ca/StnleyParkCauseway.

Community gardens safe: Deputy city manager

The City of Vancouver is taking exception with a “sensationalist” University of British Columbia study that warns community gardens are susceptible to high levels of metal contamination.

The study, published in the Journal of Soil Science and Plant Nutrition, found elevated levels of zinc and lead in the so-called native soil and grass samples where Shaughnessy’s 16 Oaks community garden sits — formerly home to a restaurant and parking lot — and

suggests Vancouver lacks guidelines adopted by cities such as Toronto and Montreal to “determine the potential level of concern posed by a site.”

Although it mentions “no edible vegetation is grown in the native soil,” samples taken from the site (near the intersection of 16th Avenue and Oak Street) found zinc concentrations “4-5 times higher” than those at the more rural UBC farm (used for comparison) and at levels exceeding the B.C. Ministry of Environment’s total

metal standards for agricultural land.

“Clearly, advocating for an expansion of urban agriculture warrants additional work for individual plant species as well as site conditions,” the study found.

However, Vancouver deputy city manager Sadhu Johnston told Metro the city found a number of “issues and flaws” with the study.

For example, he said, the study doesn’t make it clear enough that the soil tested at

16 Oaks is not from the raised bed plots where food is grown but rather the land they sit on.

The city says it does provide urban farmers with guidelines on — among other things — separating growing mediums from native soil and encouraging testing.

“We felt that the study was a little bit misleading,” said Johnston, adding Vancouver Coastal Health has not identified any health concerns with food grown at community gardens.

Lead study author Gladys

Azaria, a Masters candidate in soil science, said the study was intended to make people aware of the possible risk of producing food on former industrial sites in urban settings and the lack of monitoring.

Even when current best practices are followed, food in separated bed plots could still be susceptible to air contamination, she added.

“We need to regulate it much more than we currently do,” Azaria said.

MATT KIELTYKA/METRO

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Arrest made after woman on mobility scooter shot at



Gerry Ronald Pennell
COURTESY VANCOUVER POLICE DEPARTMENT

Downtown. Police believe woman was the intended target



MATT KIELTYKA
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A man suspected of shooting at a woman on a mobility scooter in downtown Vancouver on Monday evening has been ar-

rested, according to police.

Gerry Ronald Pennell, 54, was arrested without incident in Vancouver on Tuesday morning, confirmed Sgt. Randy Fincham, spokesman for Vancouver Police.

Pennell is accused of shooting at a 43-year-old woman who was using a mobility scooter shortly before 5 p.m. Monday in the west lane of Hornby Street at Helmcken, said Fincham.

When officers arrived,

they found a mobility scooter riddled with bullet holes. The woman, who police believe was the intended target, ran to nearby St. Paul's Hospital where officers found her uninjured.

Police believe that the man and woman were involved in an ongoing dispute, said Fincham.

While Fincham couldn't disclose details, he said police don't believe it was the result

Witnesses

Fincham asked anyone who witnessed the shooting to call police and provide a statement. "There were a number of people who were alerted to the sound of the

gunshots," he said.

- To contact police, call 604-717-3321 or call Crime Stoppers at 1-800-222-8477.

of a domestic dispute.

"They've known each other for quite some time," he said.

Fincham said Pennell is known to police but couldn't reveal details about his record.

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Strong winds, high waves and crashing logs forced the closure of a section of the Stanley Park seawall on Friday. COURTESY VANCOUVER PARK BOARD

Wild winds. Seawall needs up to \$50,000 in repairs

The seawall needs up to \$50,000 in repairs after waves and logs crashed into the popular path around Stanley Park on Friday, forcing the city to close it for the safety of cyclists and pedestrians.

Crews assessed the damage over the weekend and estimate it will cost between \$25,000 and \$50,000 to fix the path, according to a statement from Brian Quinn, the

park board's manager of destination parks.

But crews haven't been able to evaluate the full extent of the damage to the seawall due to persisting high tides, Quinn said.

The majority of repairs will involve resetting about 15 to 20 dislodged coping stones. It will take about a week for a three-person crew to fix. **EMILY JACKSON/METRO**

Old Man Winter arrives

Hydro use during cold snap nearing record levels

Electricity demand in British Columbia is nearing record levels during the latest cold snap, according to BC Hydro.

The utility said province-wide demand peaked at 9,581 megawatts between 5 and 6 p.m. Monday night, spurred on by recent winter weather.

Demand for electricity is expected to remain higher than normal until temperatures start rising again

later this week.

The actual demand for Monday night was slightly lower than BC Hydro originally estimated.

According to a statement, it expected peak usage of about 10,100 megawatts, which would be within shouting distance of the all-time hourly consumption record of 10,113 megawatts set Nov. 29, 2006.

BC Hydro says the highest demand of electricity is between 4 and 8 p.m. on weekdays, typically when people come home from work, turn up the heat, do laundry, make dinner and watch television.

MATT KIELTYKA/METRO



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B.C. woman offers cuddles to clients for \$60 an hour

Snuggle Service.

Alexis Anderson says people simply need human contact, and business is booming



THANDI FLETCHER
thandi.fletcher@metronews.ca

"Big spoon or little spoon?"

That's one of the questions Victoria massage therapist Alexis Anderson asks clients ahead of each session, and she's not talking about ice cream.

The 38-year-old launched an unusual new service in August that has been making international headlines: private cuddling sessions.

"I've always been a very snuggly person," Anderson told Metro. "Everybody's good at snuggle as far as I'm concerned, but to snuggle strangers is a different kind of thing."

For \$60, customers at Snuggle Service get an hour's worth of cuddling activities of their choosing with Anderson, from spooning to back patting and hand holding.

Anderson also offers cuddle-and-a-movie packages for \$150 (no sexy or horror movies), as well as an overnight

cuddle session that includes a movie in the evening with healthy snacks and a home-cooked breakfast in bed for \$350.

Although she only launched the service a few months ago — the latest in a crowd of cuddling services popping up throughout the country — business is already booming, said Anderson.

She has about five regular clients a week, and her voice mail has been flooded with inquiries from prospective customers.

"I'm being inundated with calls," she said. "I'm kind of an introvert, so it's a little bit overwhelming."

A registered massage therapist and five-year yoga practitioner, Anderson said she felt a calling to start her snuggling service earlier this year.

"It came from a place of care for my fellow human beings," she said. "I can walk down the street and sometimes it feels like an extrasensory perception; you can tell who hasn't had human contact in a long time and who has."

Anderson said she has a wide range of clients, from people who are grieving the loss of a loved one to others who have a physical or mental disability and haven't experienced human contact for years.



Alexis Anderson, a registered massage therapist in Victoria, offers private cuddling sessions for \$60 an hour, which she says can leave clients mentally and physically transformed. COURTESY ALEXIS ANDERSON

She said a snuggle session can leave clients both mentally and physically transformed. She pointed to research that revealed hugging releases a flood of oxytocin, often referred to as the feel-good bonding hormone, and lowers levels of cortisol, the stress hormone.

Before taking on a new

client, Anderson said she meets with them in a public place like a coffee shop and has them sign a waiver acknowledging they agree to terms and conditions outlined on her website.

Snuggling Service is a purely platonic service based around non-sexual contact,

said Anderson, adding that she terminates sessions immediately if anyone doesn't respect the rules.

"I do everything I can to keep myself safe, and so far it's worked out," she said.

Anderson works out of her home in Victoria's James Bay neighbourhood but said she

also travels to clients' homes if they wish.

She said she lets clients decide how the snuggling session unfolds.

"Some people just want to put their head on my lap on a pillow while some people want the full heart-to-heart cuddle," she said. "Sometimes we'll doze off and sometimes a person will just want to chat the whole time and just have someone listen to them."

While she understands that some may find her service strange, Anderson said other cultures throughout the world are much more accepting of human touch. In some countries, she said, straight men hold hands, while in other places babies are held almost constantly and don't touch the ground until they start walking.

Recently, Anderson Cooper criticized the concept of professional cuddling on his CNN show Anderson 360.

"I just cannot imagine — I don't really want some stranger touching me," he said during the Ridiculist segment of the show.

But Alexis Anderson defended her snuggling service.

"There's going to always be people who don't really get it," she said, adding with a laugh: "Maybe Anderson just needs a hug."

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Man in Mexico hospital awake, unaware of huge medical bill

Vancouverite not out of the woods yet.

Ryan Maudlen out of critical condition, but still facing uphill battle, his sister says



THANDI FLETCHER

thandi.fletcher@metronews.ca

A Vancouver-based man who was put in a medical coma after undergoing emergency surgery in Mexico is now awake but unaware of the six-figure hospital bill his family is facing.

Ryan Maudlen, 33, who has Crohn's disease, is no longer in critical condition and was moved out of the intensive-care unit at Cancun's Galenia Hospital, but he still has an uphill battle ahead of him, older sister Rachel Maudlen told Metro.

"He's a fighter," said Rachel, who lives in the U.K. "We are just taking it one day at a time right now."

Rachel said her brother has a collapsed lung and fluid in his lungs, as well as bacteria.

Doctors are trying to determine the type of bacteria, as it isn't responding to antibiotics, she said.

Ryan, who is originally from Australia, lived and worked in Vancouver for nearly two years with Austrian girlfriend Katharina Reigl until the couple set off in July on a dream trip driving from Alaska to Argentina along the Pan-American Highway.

While in Mexico, Maudlen suffered a severe Crohn's episode two weeks ago during which his intestine burst, requiring emergency surgery.

Maudlen developed blood poisoning that caused his organs to shut down and was put in a medically induced coma.

Despite having travel insurance, Rachel said her brother is facing tens of thousands of dollars worth of medical bills.

Travel insurance provider InsureandGo said they denied Maudlen's claim due the "circumstances under which the policy was purchased, rather than the medical conditions that led to (his) hospitalization."

The U.K.-based company advised people buying travel insurance from it to ensure they have been living in the U.K. for six of the past 12 months, that they are in the U.K. when they purchase the policy and their trip starts and ends in the U.K.

The company also advised customers to declare any medical conditions when they purchase the policy.



Rachel Maudlen, left, with brother Ryan Maudlen, who is now facing tens of thousands of dollars worth of medical bills after he underwent emergency surgery in Mexico two weeks ago. CONTRIBUTED BY RACHEL MAUDLEN

Although she couldn't speak to the circumstances under which Maudlen bought his travel insurance, Rachel said her brother is a seasoned traveller who would have disclosed his pre-existing condition.

An online crowdfunding

page set up nearly two weeks ago by Vancouver friend Ryan Mulligan has nearly surpassed \$100,000.

Rachel said she doesn't know exactly how high Maudlen's medical bill is expected to reach, except that it is "a considerable amount of money."

According to the crowd-

funding page, he is facing more than \$200,000 in hospital costs, while a med-evac flight out of Mexico is expected to cost another \$160,000.

Rachel said their parents have re-mortgaged their home in Australia to help cover the costs but are struggling to make ends meet.

If her brother knew what their parents had done, she said he would be upset.

"That's why we don't want him knowing," she said. "We think it would just be too stressful for him to know what's going on in the background."

"Right now, we just need him to focus on getting well."

Quoted

"We think it would just be too stressful for him to know what's going on in the background. Right now we just need him to focus on getting well."

Rachel Maudlen

53 school districts

CUPE locals ratify collective agreements

Unionized support workers in 53 school districts across B.C. have met a deadline and ratified collective agreements with their employers.

This past June, the Canadian Union of Public Employees approved a framework agreement that gave their roughly 27,000 members a 5.5 per cent wage increase over the five-year contract.

But bargaining between

the union's locals and their employers continued on issues that were specific to each school district in advance of an end-of-November deadline.

The union says its locals achieved more hours for education assistants, better extended-health benefits, and a commitment to a job evaluation plan that would address recruitment and retention issues.

The union represents education assistants, school secretaries, caretakers, First Nations support workers, IT workers, trades and maintenance workers, and bus drivers. **THE CANADIAN PRESS**

Pellet gun

Living-room windows of three houses shot in Ambleside

West Vancouver Police are asking for the public's help after the living-room windows in three different Ambleside houses were shot out by someone with a pellet gun last week.

The most recent incident occurred on Saturday evening when the window of a house in the 900 block of Jefferson Avenue was shattered. Two days earlier, the

windows of two houses in the 1100 block of Gordon Avenue were shot within minutes of each other.

Despite quick police response and patrols, police have not been able to find any suspects. They say the windows were shot with a pellet or BB gun and while no one has been hurt, they're worried that someone could be seriously injured.

The total cost of the damage is estimated at \$1,800.

Anyone with information about the shootings or who may have noticed anything suspicious is asked to call 604-925-7300 or Crime Stoppers at 1-800-222-8477. **METRO**

Jerry Waselenkoff

Retired B.C. teacher to stand trial on child-porn charges in early 2015

The trial of a retired teacher facing child-pornography charges will get underway in Kamloops, B.C., early in the new year.

A date for 66-year-old Jerry Waselenkoff's trial in B.C. Supreme Court has not yet been set.

A preliminary inquiry was held last week.

Waselenkoff will be

represented by Vancouver lawyer Glen Orris.

The Crown is expected to rely on testimony from people who came across several DVDs while doing electrical work above Waselenkoff's home.

Earlier this year, Waselenkoff was denied a change to his bail conditions that would have allowed him to have his passport back so he could travel to Thailand.

THE CANADIAN PRESS

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Halifax. Hospital employee facing sex assault charges

Halifax public-health authorities say the allegations of an employee sexually assaulting a sedated patient marks the first time they have dealt with something like this, referring to the incident as not "normal."

Halifax Regional Police charged 43-year-old Scott Christopher Goreham with sexual assault Tuesday in relation to an alleged incident at the Queen Elizabeth II (QEII) hospital on April 15.

Police say an 18-year-old woman was being prepared to undergo surgery when a male hospital worker allegedly saw Goreham, a patient attendant who was assisting the procedure, inappropriately touch the sedated victim.

"It's not something we've seen here before," said police spokesman Const. Pierre Bourdages, referring to it as a "rather unusual sexual assault."

"It's very concerning given how completely defenceless



Scott Christopher Goreham leaves Halifax Provincial Court.

JEFF HARPER/METRO IN HALIFAX

the victim was."

Capital District Health Authority's Vice President of People Kathy MacNeil told reporters Tuesday Goreham had been working as a patient attendant since 1999 and was suspended right after the incident was reported.

They held their own investigation, and he was fired with cause on April 30.

HALEY RYAN/METRO IN HALIFAX

Haiti, Zimbabwe. 3,500 may soon face deportation

Canada will soon resume the deportations of roughly 3,500 people to Haiti and Zimbabwe, countries critics say are still struggling with the aftermath of natural and man-made disasters.

Immigration Minister Chris Alexander and Public Safety Minister Steven Blaney said the temporary suspension of deportations to both countries has been lifted and migrants from Haiti and Zimbabwe can face removal after six months if they remain without legal status.

The decision leaves only three countries — Afghanistan, Democratic Republic of Congo and Iraq — on Canada's removal moratorium list.

In justifying the decision, Blaney said Canada is simply

Precarious situations?

"For Canada to lift the suspension of removals when things remain precarious, it's a complete disregard of what's happening there."

Raoul Boulakia, president of Refugee Lawyers Association of Ontario

following the steps of its "allies" after a thorough review of country conditions.

Advocates for refugees were shocked by Ottawa's decision, citing reports by the federal government itself and international aid groups that found little progress in those countries. **TORSTAR NEWS SERVICE**

Sex assault charges

Canadian teacher goes on trial in Indonesia

A Canadian teacher and a teaching assistant went on trial Tuesday in Indonesia accused of sexually abusing a kindergarten student at an international school.

Neil Bantleman, of Burlington, Ont., and Ferdinand Tjong maintain their innocence as do fellow teachers and the principal at the Jakarta International School. **THE ASSOCIATED PRESS**

Afghan officer

Gunman should not be put to death: Journalist

Kathy Gannon says she doesn't want the Afghan gunman who severely wounded her and murdered her photographer, Anja Niedringhaus, put to death. However, Gannon, an Associated Press journalist born in Timmins, Ont., says she wants the police officer responsible for the shooting to remain in prison.

THE CANADIAN PRESS



A new day for Toronto

Toronto's new mayor, John Tory, reacts after receiving his chains of office during an inauguration ceremony in Toronto on Tuesday.

CHRIS YOUNG/THE CANADIAN PRESS

More aboriginal women behind bars, study finds

Overrepresentation.

Number of aboriginal women behind bars in federal institutions grew 97 per cent from 2002 to 2012, study shows

Emily, an alcohol-addicted young Inuit woman racked by painful memories of sexual abuse, was incarcerated for manslaughter in 2009 — joining what a newly released report calls one of the fastest growing segments of Canada's prison population.

The number of aboriginal women who were locked behind bars in federal institutions grew a staggering 97 per cent between 2002 and 2012, the study by the federal Justice Department concluded.

By comparison, the number of aboriginal men increased by

Findings

The study also sheds light on the crimes that landed the aboriginal women covered by the study behind bars.

- Two out of every three aboriginal women were put into federal custody for violent crimes, such as assault, robbery, sexual as-

sault, criminal harassment, and murder.

- That number drops to one in three for non-aboriginal women, leading to the conclusion that aboriginal women were more likely to have been admitted to custody for a violent offence.

a comparatively small 34 per cent during that time.

"Aboriginal women are particularly overrepresented as offenders in female institutions and correctional services," said the 2013 report, obtained by The Canadian Press under the Access to Information Act.

"This representation has been growing in recent years and at a faster rate than aboriginal male offenders."

The focus of the study is female aboriginal offenders — a

group largely neglected by other research, the study concedes.

"The overrepresentation of aboriginal people in the Canadian criminal justice system has been acknowledged as one of the most challenging aspects facing the justice system today," it said. "However, much of the attention to this overrepresentation has been focused on aboriginal people as a whole, without giving appropriate attention to the unique situation of aboriginal women

as offenders."

The report found common threads among aboriginal women in the criminal justice system. They tended to be slightly younger than non-aboriginal women, had less education and struggled to find work. Substance abuse was also rife among female aboriginal prisoners.

The study found aboriginals represent 34 per cent of all female and 22 per cent of all male prisoners in federal institutions. The numbers were slightly higher for both aboriginal men and women in provincial and territorial facilities.

Kim Pate, executive director of the Canadian Association of Elizabeth Fry Societies, said a number of factors — including mandatory minimum sentences and more limited conditional release options — add up to a higher incarceration rate for society's most marginalized people. **THE CANADIAN PRESS**

Senators urge national debate on assisted suicide



MP Steven Fletcher discusses the next step in physician-assisted death legislation. **THE CANADIAN PRESS**

Thwarted in his efforts to force the House of Commons to debate the issue of assisted suicide, Manitoba Conservative MP Steven Fletcher has gone down the hall for some help.

Two senators, one a Conservative, the other a Liberal, are taking over Fletcher's bid to make physician-assisted death legal under Canadian law, introducing a bill on the subject

in the upper chamber.

"This is an opportunity in fact for the Senate to shine, to demonstrate why the Senate is there," said Fletcher, who became a quadriplegic after a car accident in 1996.

"They are dealing with an issue that obviously most elected representatives do not want to deal with. Moreover, I think the mere fact that it's now go-

ing to be debated in Parliament will increase public awareness."

Conservative Sen. Nancy Ruth is introducing the bill with the support of Liberal-appointed senator Larry Campbell.

Ruth said her aim to have it passed through the Senate by spring and then handed over to the House of Commons.

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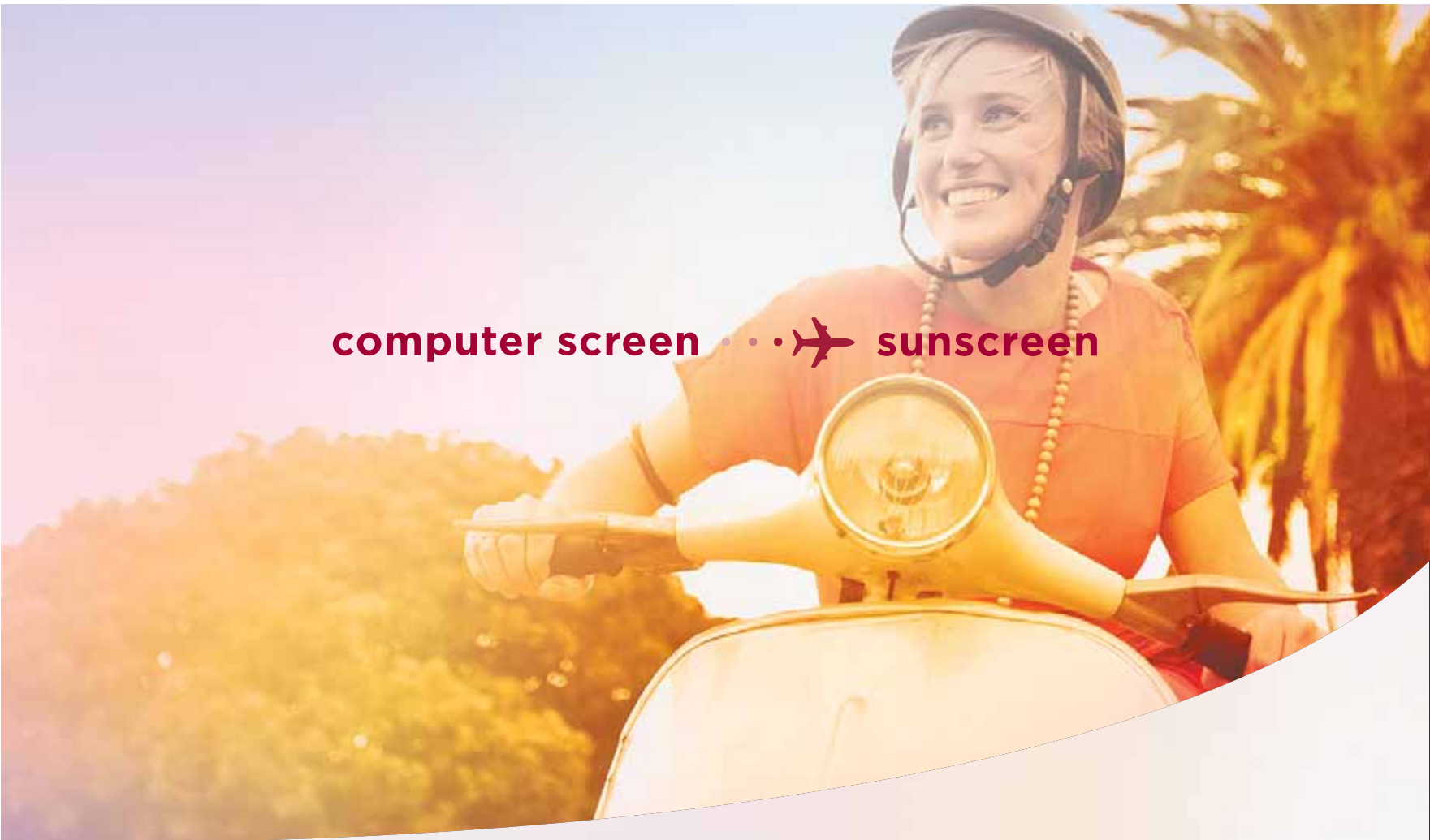
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Possible wife, son of ISIL leader detained

Lebanon. If their identities are confirmed, officials may use the pair as bargaining chips

Lebanese authorities detained a woman and young boy believed to be the wife and son of reclusive Islamic State group leader Abu Bakr al-Baghdadi, and were questioning the woman and conducting DNA tests on the child, senior Lebanese officials said Tuesday.

If their identities are confirmed, Lebanon may use the pair as bargaining chips to win the release of soldiers and police taken hostage by the extremists in cross-border attacks earlier this year.

The woman, identified as an Iraqi, and child were taken into custody 10 days ago while carrying fake ID, officials said.

Very little is known about



This image purports to show the leader of the Islamic State group Abu Bakr al-Baghdadi delivering a sermon at a mosque in Iraq.

MILITANT VIDEO/THE ASSOCIATED PRESS FILE

al-Baghdadi's personal life, including how many wives and children he has. Conservative interpretations of Islam allow men to marry up to four wives. The Islamic State group did not immediately comment on the detentions, but the faction's supporters on Twitter and mil-

itant websites cast doubt on the reports.

Adding to the confusion, the Lebanese army did not release an official statement regarding the pair.

A Lebanese military official identified the woman as Saja al-Dulaimi who was held by Syrian authorities and freed in a prisoner exchange with the Nusra Front, Syria's al-Qaida-linked branch, earlier this year. The official said the woman "confessed during interrogation" that she was al-Baghdadi's wife.

The officials spoke on condition of anonymity in line with regulations.

In March, the Nusra Front freed more than a dozen Greek Orthodox nuns in exchange for the release of dozens of female prisoners by the Syrian government. A woman named Saja al-Dulaimi was reportedly on the list of prisoners freed by Damascus. **THE ASSOCIATED PRESS**

Earth's changes

4.9 trillion tons of ice lost since '92

In the more than two decades since world leaders first got together to try to solve global warming, life on Earth has changed, not just the climate. It's gotten hotter, more polluted with heat-trapping gases, more crowded and just downright wilder.

The numbers are stark. Carbon dioxide emissions: up 60 per cent. Global temperature: up six-tenths of a degree. Population: up 1.7 billion people. Sea level: up three inches. U.S. extreme weather: up 30 per cent. Ice sheets in Greenland and Antarctica: down 4.9 trillion tons of ice.

"Simply put, we are rapidly remaking the planet and beginning to suffer the consequences," says Michael Oppenheimer, professor of geosciences and international affairs at Princeton University.

Diplomats from more than 190 nations opened talks Monday at a United Nations global warming conference in Lima, Peru, to pave the way for an international treaty they hope to forge next year.

THE ASSOCIATED PRESS

Ferguson rioting

Police investigate Michael Brown's stepfather

Police are investigating Michael Brown's stepfather for angry comments made to a Ferguson crowd after a grand jury decided not to indict the police officer who fatally shot his stepson.

St. Louis County Police spokesman Brian Schellman said Tuesday that police want to talk to Louis Head about his comments as part of a broader investigation into arson, vandalism and looting that followed the Nov. 24 grand jury announcement. Twelve commercial buildings were destroyed by fire.

Widely-circulated video showed Brown's mother, Lesley McSpadden, on top of a car and breaking down as the announcement blares on a stereo. Head, her husband, comforts her then repeatedly yells angry comments, including "Burn this bitch down!"

Family attorney Benjamin Crump has called the reaction "raw emotion," but "completely inappropriate."

THE ASSOCIATED PRESS



UN to suspend aid to Syrian refugees

Syrian refugee children sit near a tent at the entrance of their refugee camp Tuesday, as they wait to attend an activity in the eastern Lebanese Town of Al-Faour near the border with Syria. Syrian refugees in Lebanon reacted with panic Tuesday to news that the UN was suspending aid to 1.7 million refugees due to lack of funds — a decision officials said threatens to starve thousands of families and add pressure on already strained hosting countries. **HUSSEIN MALLA/THE ASSOCIATED PRESS**

Israeli government crumbles as Netanyahu fires ministers

Israel's divided government fell apart Tuesday as Prime Minister Benjamin Netanyahu fired two rebellious Cabinet ministers and called for a new election more than two years ahead of schedule.

Netanyahu's announcement plunges the country into a bitter campaign that seemed unlikely just a few days earlier. The election, expected to be

held early next year, would come at a time of growing violence between Palestinians and Jews and deepening despair over the prospects for peace.

In a nationally televised address, Netanyahu said he had ordered the dismissals of Finance Minister Yair Lapid and Justice Minister Tzipi Livni. The pair, who head separate

centrist parties, had emerged as his leading critics.

Netanyahu accused the two of trying to stage a "putsch," saying he could "not tolerate opposition from within the government." He said he would present legislation in parliament to dissolve the government and to hold elections "as soon as possible."

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Russia seizing Crimean businesses: Ukraine

Expropriation. About 4,000 businesses have been taken over since Crimea was annexed 8 months ago: Ukrainian justice ministry

One day in October, a dozen armed men in masks drove

up to the gates of Yalta Film Studios. They weren't actors, and this was not make-believe. It was a hostile takeover.

"They forced all the employees onto the ground, sealed off the premises and halted the work of the studio," said owner Sergei Arshinov.

Nestled in hills overlooking the Black Sea, the stu-

dio — into which investors have sunk \$16 million since 2004 — is just one of thousands of businesses seized from owners since Russia annexed Crimea eight months ago.

Crimea's new pro-Moscow PM, Sergei Aksyonov, says the takeovers, which they call nationalizations, are indispensable to reverse years of wholesale plunder by Ukrain-

ian politicians and oligarchs.

In a preliminary estimate, Ukraine's justice ministry said around 4,000 enterprises, organizations and agencies have been expropriated.

Some holdings, from shipyards to health resorts, were publicly earmarked for repossession by Crimea's regional government, now part of the Russian Federation.

THE ASSOCIATED PRESS



Zaliv, a shipbuilding factory in Kerch, Crimea, was forcibly seized from its owners by a Russian company in August. LAURA MILLS/THE ASSOCIATED PRESS

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Cultural preference

CDC circumcision guidelines drafted

U.S. health officials on Tuesday released a draft of long-awaited federal guidelines on circumcision, saying medical evidence supports having the procedure done and health insurers should pay for it. The Centers for Disease Control and Prevention guidelines stop short of telling parents to get their newborn sons circumcised. That is a personal decision that may involve religious or cultural preferences, said the CDC's Dr. Jonathan Mermin. THE ASSOCIATED PRESS

U.S. court martial

Officer's charges stem from drug investigation

The U.S. Air Force is court-martialing a nuclear missile launch officer on drug and obstruction-of-justice charges stemming from a criminal investigation that led to the disclosure of a separate exam-cheating scandal that implicated nearly 100 nuclear officers.

2nd Lt. Nicole Dalmazzi is the first officer known to be charged since the investigation was made public in January. THE ASSOCIATED PRESS

Defence secretary. Ashton Carter likely for U.S. role

Former Pentagon official Ashton Carter is likely to be President Barack Obama's nominee for defence secretary, according to administration officials.

Officials said Obama had not made a final decision on the matter, but Carter had emerged as the top candidate. White House spokesman Josh Earnest praised Carter effusively for serving "very, very ably" at the Pentagon previously and noted he was easily confirmed by the Senate once before.

"This is an indication that he fulfills some of the criteria that we've discussed in the past," Earnest said. "He is somebody who definitely deserves and has demonstrated strong bipartisan support for his previous service in government."

A physicist with deep Pentagon experience, Carter moved to the top of the White House's short list after several leading contenders pulled their names from consideration for what is typically a highly sought-after Cabinet spot.

Sen. Jim Inhofe, the Senate Armed Services Committee's top Republican, said he was informed of the decision to name Carter early Tuesday and backs Carter's expected nom-

ination. An aide of Inhofe said later the senator had based his comments on press reports.

"I support it very strongly," Inhofe said of Carter's probable nomination. "I'm very pleased he is going to be our secretary of defence. I can't imagine that he's going to have opposition to his confirmation."

Administration officials said Obama did not plan to announce his Pentagon pick Tuesday and could still go in a different direction. The officials insisted on anonymity.

If Obama moves forward with Carter's nomination and he is approved by the Senate, the 60-year-old would replace Chuck Hagel, who resigned as Pentagon chief last week under pressure from Obama.

Carter has extensive experience in the national security arena. Before he served as deputy defence secretary from October 2011 to December 2013 he was the Pentagon's technology and weapons-buying chief.

He has bachelor's degrees in physics and medieval history from Yale University and received his doctorate in theoretical physics from Oxford University, where he was a Rhodes Scholar. THE ASSOCIATED PRESS



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World. Economies down in countries hit hard by Ebola

The international response to Ebola is still too slow and piecemeal, Doctors Without Borders warned Tuesday, as officials said the disease is crippling the economies of the three West African countries hardest hit.

The vast majority of Ebola infections are in Guinea, Liberia and Sierra Leone, poor countries that have been left to handle the crisis without sufficient help, said Doctors Without Borders.

In response to the crisis, the

World Bank lowered growth projections again on Tuesday for the hardest-hit countries.

Guinea's economy will grow just 0.5 per cent this year, down from an expected 4.5 per cent before the crisis, the bank said. Sierra Leone is expected to register four per cent economic growth, down from a pre-crisis expectation of 11.3 per cent, while Liberia will see 2.2 per cent growth, down from 5.9 per cent.

THE ASSOCIATED PRESS

Ground beef recall in Western Canada

Worries. While there are concerns over E. coli there have been no reported illnesses, said the food inspection agency

2012

The largest beef recall in Canadian history involved 4,000 tonnes of beef — some 1,800 products — that were pulled from the North American market in 2012. XL Foods Inc. operated the meat-packing plant in Brooks, Alta., that was linked to the E. coli 0157 outbreak. Eighteen people fell ill.

Federal health officials are recalling packages of ground beef produced by food giant Cargill due to concerns about E. coli.

The Canadian Food Inspection Agency said Tuesday there have been no reported illnesses related to the recalled products, but advised people to throw out or return packages to the store where they were bought.

The meat carries the Your Fresh Market brand name and was sold at Walmart stores in Alberta, British Columbia, Manitoba and Saskatchewan.

The extra lean ground

beef sirloin, extra lean ground beef, medium ground beef and lean ground beef was sold in 475-gram, 900-gram and 1.6-kilogram packages. All carry a best-before date of either Nov. 28 or 29.

Cargill spokeswoman Connie Tamoto said E. coli 0157 was found in a random sample of ground beef that had been packaged at a Calgary case-ready facility on

Nov. 19. She did not know which slaughterhouse the beef came from.

Winnipeg-based Cargill Meat Solutions has two processing plants in Canada: One in High River, Alta., and the other in Guelph, Ont.

"Obviously food safety is critical to us," said Tamoto. "We're doing everything we can to work with the CFIA and Health Canada to make sure they have everything they need as they continue to investigate the situation."

She said the recall involves about 14,000 kilograms, or 14 tonnes, of ground beef.

The CFIA warns that food contaminated with E. coli 0157 may not look or smell spoiled but can still make you sick. Symptoms can include nausea, vomiting, mild to severe abdominal cramps and watery or bloody diarrhea.

THE CANADIAN PRESS

Grew 45% from 2012

Canada's clean energy sector up

Canadian investments in clean energy totalled \$6.5 billion last year, a 45 per cent increase from 2012, according to a new study released Tuesday.

More than half the Canadian investment — \$3.6 billion — went into wind power, with another \$2.5 billion invested in the solar sector, says Clean Energy Canada, an advocacy and research organization.

THE CANADIAN PRESS

75% using e-records

Doctors embrace electronic records

The majority of Canadian doctors are now using electronic medical records to run their practices, a survey has found.

The 2014 National Physician Survey shows 75 per cent of doctors across the country report using electronic records to enter or retrieve clinical patient notes on a laptop or desktop computer, triple the percentage that had gone digital in 2007.

THE CANADIAN PRESS

Survey

Freight service getting worse

Freight service on North American railways has deteriorated significantly in the past year, according to an annual RBC Capital Markets survey of railway customers.

More than three-quarters of shippers surveyed labelled service as fair or poor, compared with 32 per cent who gave the railways such a grade last year. THE CANADIAN PRESS

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Apple. Steve Jobs' emails shown in court

Legendary Apple CEO Steve Jobs had seven words for a subordinate when he learned that a rival company was about to introduce a program that would let music fans buy songs anywhere and play them on Apple's iPod devices.

"We may need to change things here," Jobs said in a terse, 2005 email that was shown to jurors in federal court Tuesday, on the opening day of trial in a billion-dollar antitrust lawsuit that accuses Apple Inc. of using unfair tactics to maintain its dominance in the digital music business.

Attorneys for an estimated 8 million consumers and iPod resellers say Jobs' email spurred an internal campaign to keep Apple's popular iPods free of music that wasn't purchased from Apple's own iTunes store. By updating the iTunes and iPod software to block music from competing online stores, Apple maintained a closed system that discouraged consumers from buying competing music players, plaintiffs' attorney Bonny Sweeney argued Tuesday.

Apple lawyers deny the company competed unfairly.

THE ASSOCIATED PRESS



Giving people a voice

British theoretical physicist Prof. Stephen Hawking speaks to members of the media on Tuesday at a news conference in London. The system that helps Stephen Hawking communicate with the outside world will be made available online from January in a move that could help millions of motor neuron disease sufferers, scientists said Tuesday. The wheelchair-bound theoretical physicist, who shot to international fame in the 1980s with his book *A Brief History of Time*, hailed the decision by U.S. tech giant Intel at a news conference in London. JUSTIN TALLIS/AFP/GETTY IMAGES

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Do we need a national childcare strategy?

Child care is a challenge for many working parents

Close to 70 per cent of mothers with kids under five in Canada are working. But for many of them, access to quality child care is simply beyond their reach.

In most of Canada, the cost of placing a toddler in child care is \$800 to \$1,000 a month — which means that, after housing, child care is the second-highest expense. At the end of the month, for many families, the bottom line just doesn't add up.

But affordability isn't the only issue working parents face.

Even in Québec, where child care is currently \$7 a day — pending recent provincial government proposals to change that program — there simply aren't enough spaces available. Today, only 1 in 5 children in Canada has access to a licensed day care. At the current growth rate, it would take 52 years to provide enough regulated child-care spaces to all the kids who need them.

CHILDCARE 2020

The labour movement has partnered with many key organizations advocating for more access to child care, for all Canadians. The movement also supported the recent Childcare2020 conference which aimed to identify a common vision of child care in Canada. Visit childcare2020.ca.

The labour movement has worked to improve the lives of working Canadians for decades — after all, it was the unions that secured parental leave and health benefits. More recently, the labour movement has been at the forefront of the call for more accessible and affordable child care, for all Canadians.

Some people question the benefit of investing in publicly funded child care, for the country at large. Can we afford it? But the results of Québec's childcare program offer convincing proof:

- Québec's \$7 childcare program increased the number of women in the workforce by 3.8 per cent, which meant an extra \$5.2 billion to the provincial economy.
- The median after-tax income of single mother families in Québec shot up by 81 per cent, and the relative poverty rate dropped by 39 per cent.

Study after study has shown the potential social and economic benefits, for all of Canada. A recent TD Bank study found that for every \$1 invested in child care, provincial and federal governments receive \$1.50 in increased tax revenues alone. In addition to those economic benefits, quality child care is directly linked to the health and well-being of our children. What could be more important?

Everyone benefits when parents can go to work knowing their kids are safe and well cared for, but millions of parents are struggling to balance their work and family lives.

To learn more about what the labour movement is doing to improve access to child care and promote a national childcare strategy, go to fairnessworks.ca.

ONLY 1 IN 5 CHILDREN IN CANADA HAS ACCESS TO A LICENSED DAY CARE. IS THAT FAIR?

The labour movement is working for more accessible child care. And a fairer future for all Canadians. See how at ▼

FAIRNESS WORKS



VOICES

DON'T MAKE IT A CAREER-LIMITING XMAS

With stories of serious workplace harassment in the news, some offices are putting a chill on holiday party flirting and other shenanigans. But while you may perceive your actions as harmless fun, HR might see it differently, writes Metro's Liz Brown



LIZ BROWN
Metro in Toronto

'Tis the season for the workplace Christmas party.

Apparently, it's also the season for friendly reminders from your boss not to be a creep at the office celebration.

Recently, Canadian employment law firm Levitt and Grosman LLP sent a note to its workers about expected party etiquette, noting: "You probably aren't in the same league as Jian Ghomeshi when it comes to bad behaviour in the workplace, but you still need to keep yourself in check at the company holiday party or you could end up fired with cause."

With liquid courage fuelled by rum and eggnog, the Christmas party may seem the perfect moment to make your move on that office cutie you've been eyeing at the photocopier.

But flirtatious overtures may not be perceived as merry and bright in the eyes of the receiver, your employer or your co-workers.

We are all confident we know where "the line" is and many of us have been tempted to do a little festive flirting with a fine work friend. But any office celebration is really just an extension of the boardroom — not a singles soirée.

So don't say or do anything under the mistletoe that you wouldn't dare do under the glare of the fluorescent office lights.

We should remember that a party faux pas can fell even those who are experts in workplace harassment issues.

Case in point: A Toronto lawyer who specializes in labour and employment law who was accused of busting a few too



What not to do at the office holiday party. DAVID VAN DYKE/METRO PHOTO ILLUSTRATION

What she said

Comedian Phyllis Diller once said: "What I don't like about office Christmas parties is looking for a job the next day." You don't want to be repeating that line this month.

many moves with a female associate at a booze-filled work function.

In 2009, Toronto lawyer David Cowling, a former Mathews, Dinsdale & Clark partner, allegedly got a little too handsy on the dance floor.

Following the party, two associates complained to other partners about his behaviour and Cowling launched a \$2.3 million defamation lawsuit against them in 2010.

Cowling eventually dropped the lawsuit, left the firm — as did the other two lawyers — and cleared his name with a settlement and public statement.

But that one night of booze-fuelled fun left him with more than a hangover headache.

This little anecdote is one to keep in mind as your own party approaches. What you perceive as flirtatious fun can be downright creepy to your co-workers.

Comedian Phyllis Diller once said: "What I don't like about office Christmas parties is looking for a job the next day."

You don't want to be repeating that line this month.

So ease up on the booze, keep your hands to yourself, and remember, there's a reason you became an accountant and not a backup dancer for J.Lo.

I know I'm not the only one avoiding the malls this year



IRENE KUAN
Metro Online

If you're a retailer that's yet to open a virtual store, then you better get online, because the Christmas hordes are coming — just not on foot.

One third of Canadians plan to turn to the Internet to do most of their holiday shopping this year, according to a series of polls conducted by MasterCard, Ipsos Reid and Google. And I'm one of those shoppers.

I love shopping, but this holiday season, I can confidently say I will not be visiting any shopping malls. The only way I will be buying my gifts is online.

The trend of people shopping from the comfort of their own homes rather than going into stores has contributed to a drop in Black Friday retail sales in the U.S. for two consecutive years, according to the National Retail Federation.

I don't think I'm alone when I say I've always hated braving the crowds, not to mention dealing with grumpy and exhausted sales people. Plus, some of the online incentives offered by retailers are hard to pass up, such as exclusive deals not available in-store.

I'm not being a Scrooge, in case any of you think the maddening rush at the mall is part of getting into the holiday spirit. Online shopping for me isn't just about avoiding the mall. It's about the convenience of that one-stop

shop that saves me time, and the border-free access to purchase hard-to-find gifts that I probably can't even get at any store in my city.

So far this month, I've purchased gifts from the U.S. and New Zealand, which are expected to arrive in five to 10 days, all without leaving my condo.

Retailers that have yet to jump online are facing some tough competition, not only because of their physical limitations, but because virtual stores are offering perks that are similar or better, like free worldwide shipping, free returns and free gift-wrapping, as well as samples at checkout. Most deals in stores can also be found online, and brick-and-mortar retailers know this. Toronto's Yorkdale Mall even offered the first 100 customers to arrive at their

Guilt-free shopping

If you feel guilty about all those seasonal-sales people who will be out of the job this Christmas — don't be. Amazon said it plans to hire 80,000 workers to fill its warehouse during the busy holiday season.

door on Black Friday a \$50 gift card. Meanwhile Amazon rolled out deals every 10 minutes on Cyber Monday. How can stores compete?

So if you're still a web-shy retailer, take note: If you get tech-savvy, I — along with those other one third of Canadians — could be enticed back to you.



This Hour has 22 years

TV Special. As CBC's satirical series turns 22, Cathy Jones, the show's only original member, shares the sketches she loves best

MARK BRESLIN
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This year marks the 22nd season of *This Hour Has 22 Minutes*, the satirical sketch show on CBC that's Canada's version of *Saturday Night Live*.

The show may not be live, but it certainly is lively, with comedians like Mary Walsh, Shaun Majumder, Rick Mercer, Gavin Crawford and Colin Mochrie skewering our sacred cows over the past two decades.

No one represents the talented cast more than Cathy Jones, who is the only original actor still with the show.

With an hour-long 22 Minute special airing next Tuesday at 8 p.m., and a *This Hour Has 22 Years* — Live in Toronto event on Thursday, we sat down with Jones to discuss her favourite moments from the show's two decades plus two years:

Greg Toomey's Playboy Grotto

"I was a dimwit bunny from Newfoundland, and he's interviewing me, and I got to wear these ridiculously huge breasts ... Those sketches were so much fun to do!"

Mrs. Enid and Mrs. Eulalia

"When Mary Walsh and I would do these two old ladies, we'd get so close to each other — we were like



Cathy Jones, second from right, and the *This Hour Has 22 Minutes* cast. RILEY SMITH

Keeping up with the Jones

When congratulated on her 22 Minutes longevity, Cathy Jones is quick to remind she was also on the show's predecessor, *Codco*, for six years, meaning she's been on the air continuously for a staggering 28 years.

She says the secret to the show's success — in addition to the acting and writing — is that it is shot in Halifax, geographically removed from network politics and at a safe distance to allow it to flourish.



over-the-top and had the feeling of something totally unstoppable and crazy. One time Mary had to wear a dog cone around her neck. We couldn't stop laughing!"

Angry Yoga

"I've always been the one in the troupe that likes to deal with 'groovy'

Cathy Jones RILEY SMITH

ideas and this was a sketch that played right into my interests. The premise has me as a yoga teacher that keeps getting angrier and angrier, which conflicts with the 'grooviness' of the character. Lots of YouTube hits on this one."

Ida Smithe-Bishop

"I did this one with the fabulous Gavin Crawford. We played a couple of Brits with ridiculous accents and extreme dental prosthetics. Gavin was just so great to work with."

Miniseries

First look at A.D., The Bible sequel

NBC has shared the first trailer for *A.D. The Bible* sequel. The new miniseries hails from the creators of *The Bible* and is a followup to the hit miniseries. Picking up where *The Bible* left off, the new miniseries will explore the impact of Jesus' death and resurrection on his disciples and on political and religious leaders. The first episode will premiere on April 5, Easter Sunday. AFP

two magnets that would repel and attract each other. Doing those sketches got me so close to Mary and it seemed to be everybody's favourite sketch."

The Quinlan Quints

"... And, there were only four of us! No one ever said what happened to the fifth sibling! They were raucous,



Kevin Spacey as Francis Underwood in *House of Cards*. CONTRIBUTED

TV drama. House of Cards returns end of February

The third season of award-winning political drama *House of Cards* is to debut on Feb. 27, Netflix announced Monday.

"A special message from the White House," announced a short video posted on the show's Twitter and Facebook pages, giving the date.

The clip shows scheming politico Francis Underwood, played by Kevin Spacey, boarding what looks like a presidential aircraft with his ever-loyal wife Claire (Robin Wright).

Earlier this year, Netflix ordered a third season after *House of Cards* collected nine Emmy nominations, the first ever for an Internet-delivered series, and won Wright a best-actress Golden Globe.

Season 2 of the show found Underwood assuming the vice presidency, having ruthlessly undercut rivals and even murdered someone in a protracted act of revenge after being denied the promised post of secretary of state. AFP

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Scarlett's secret wedding no secret anymore



**NED
EHRBAR**
Metro in Hollywood

Avengers star Scarlett Johansson managed to pull off the ultimate celebrity achievement: the secret wedding. She and Romain Dauriac reportedly tied the knot Oct. 1 in Philipsburg, Mont., less than a month

after the birth of their daughter — and no one in the press caught on, according to Page Six.

"They kept the wedding a big secret because they both wanted privacy," says a source with a firm grasp of the obvious. Johansson started introducing Dauriac as "my husband" at the Gotham Awards earlier this week, and Dauriac was spotted wearing a wedding ring in early October and Johansson had one on in public last month. So really, this one's on us for not catching it earlier.



Reese Witherspoon

Don't lay any sweetheart lines on Reese — she's just not having it

Guys, seriously. Cut it out. Reese Witherspoon is totally not America's sweetheart. "I certainly don't self-identify as anyone's sweetheart," she tells

Glamour. "I'm friendly, but I don't think I'm sweet. I'm honest." Yeah, but come on. That's totally something America's sweetheart would say.

Bale sure knows how to burn big-time show-biz bridges

Christian Bale is a big fan of privacy and not a big fan of tabloids. But you know what he's also not a big fan of? Fellow celebrities complaining about privacy and the tabloids.

Bale tells the Wall Street Journal that George Clooney needs to pipe down when it comes to the invasive press. "It's boring, isn't it? You know what I mean?" Bale says. "It doesn't matter that he talks about it. It's like, come on, guys, just shut up. Just get on

with it and live your lives and stop whining about it. I prefer not to whine about it." Duly noted.

Oh, and don't expect him to re-team with Terminator Salvation director McG again anytime soon. "There's a lot of room for many approaches and many characters within the film industry," Bale says. "I won't be working with him again, but I wish him very well. OK?" And that is what Bale being diplomatic sounds like.



Christian Bale ALL PHOTOS: GETTY IMAGES

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How-to

Travel with a sense of adventure

Trafalgar.com's Liesa Bissett shares her best tips:

1. Keep a travel journal so you can share details of your trip with friends down the road. It will make a great reference.

2. Learn a few key phrases of the language of the countries you're visiting.
3. Research some of the stops on your itinerary in advance, so you know what places you might like to visit in your free time.
4. Pack a rechargeable battery charger for your phone to keep it functional for uploading pictures in real time.
5. Take a deck of cards. It's always cool to learn new card games from fellow travellers.

DOUG WALLACE/METRO

Deal

Cruises up to 73 per cent off

Windstar is offering up to 73 per cent off select cruises to the Caribbean, Tahiti and Asia until Dec.

12. Set sail on one of the signature white yachts of Windstar, most carrying fewer than 300 passengers. Smaller ships equal more specialized service. This is your chance to see Singapore, Panama, St. Lucia, Dubai, Vietnam and more at a fraction of the price. Fares from about \$1,450. Call 866-814-5860.

DOUG WALLACE/METRO



Trend

Hotel coffee culture

International hotel chain Le Méridien is amplifying its already burgeoning coffee-house atmosphere by hiring Dutch latte artist Esther Maasadam to be a global coffee ambassador. Starting with hotels in New Orleans, Vienna, Hong Kong and London, to name a few, Maasadam will create coffee art and help local Méridien baristas further hone their skills in the chain's busy Le Méridien Hubs.

DOUG WALLACE/METRO



Martinique, c'est magnifique!

French district. The safest Caribbean island is rich in history and natural beauty

KATHY
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"Martinique is not for tourists; it is for travellers," says our guide as we make our way through the winding, hilly roads of this French Caribbean island.

Martinique is to France as Hawaii is to the U.S. This island "outpost" is a district of France, and its approximately 400,000 inhabitants live under French law. Proud to have been anointed the safest Caribbean island in recent years, the island has a distinctive French flair which is uniquely blended with the island culture.

Peak travel times from Canada are December to March. Flights are direct from Montreal (Air Canada), or through Miami (American Airlines). The island is also busy during July and August, when the French take summer holidays. French is the official language of Martinique, with Creole as the unofficial, more casual language.

Most cruise lines visit Martinique, with Disney the latest to announce their Wonder ship will begin stopping there early 2016.

Entering Martinique is a breeze compared to many Caribbean islands. Passport control is quick and easy and there is only one luggage belt. Upon leaving the airport, you can either rent a car, or take a "Collective Taxi." Many people rent as cars drive on the North American side, but due to



Fort Saint Louis is a working military fort located in Fort-de-France and only opened to the public this year. ISTOCK

the extremely hilly roads, it is recommended that you hire an automatic transmission car.

There is surprisingly only one resort chain in Martinique: Club Med, which established its first club here in 1969. Throughout the island there are locally owned, smaller hotels and boutique resorts, all of which have their own particular charm.

An additional option in Martinique is the over 500 units available for rental through Airbnb (airbnb.com). There are many vacation home options available on the island.

There are fantastic natural

and historic sites for families to visit, including Emerald Estates — a natural regional park opened just five years ago. Its goal is to preserve and promote the natural and cultural history and conservation of the island.

Fort Saint Louis is a working military fort located in Fort-de-France. Opened to the public for the first time in July, guided tours take visitors through the working fort, which was built originally in the 1600s, but expanded in the 1800s.

A special feature of the fort is the hundreds of iguanas, who got their start on the island thanks to a zoo built in the fort in the 1950s.

The zoo was dismantled, but 30 of the iguanas escaped and have continued to multiply.

No trip to Martinique is complete without trying the local specialties.

A spice mixture called Colombo is a blend of seven different spices and has the taste of a rich, milder curry. It is used predominantly on chicken, but you can also find it on shellfish and other dishes. Bite-sized fried cod fritters are a typical appetizer before a meal, and octopus is served frequently, either grilled or deep fried. Cod originally came to Martinique from Canada in return for sugar cane as part of a trade

route. Thanks to the French influence, desserts are chocolate, whipped cream pastries and other confections.

There are 11 rum distilleries on the island, and of particular note is the Clement, where guests can stroll through displays, home-steads and working machinery, as well as inhale the scent of thousands of barrels aging rum, soaking in a big part of Martinique's history. Martinique, c'est magnifique.

For more information...

- Visit. martinique.org

A launching point for adventure

Visit Montego Bay.
Jamaica's centre for music, culture and food

VAWN HIMMELSBACH
For Metro

While Montego Bay is Jamaica's resort capital, there is more to do here than lie on the beach with a rum punch working on your tan (although that's not such a bad option).

As a centre for music, culture and food — and a launching point for adrenaline-pumping adventure — there is something that will appeal to everyone from families to honeymooners.

"We are on target this year to welcome the most visitors from Canada we've ever had," said Philip Rose, regional director for Canada with the Jamaica Tourist Board.

While he attributes this to the island's diversity of offerings, he said air-



Montego Bay has a 15-mile stretch of coastline, offering lively urban beaches and secluded white-sand strands. JAMAICA TOURISM BOARD

lines and tour operators have also increased their service to Montego Bay.

To accommodate these visitors, more than 1,400 new or refurbished hotel rooms are being added this year, from five-star resorts to

boutique, eco-friendly and budget-friendly options — many built on 19th-century sugar plantations.

One would be remiss, of course, not to visit the beach — Montego Bay has stunning beaches, backed by picturesque mountains. And a walk along Hip Strip offers beach culture with a variety of restaurants, shops and nightlife. To party



Adventure sports are easily accessible from Montego Bay, such as swimming in waterfalls or spelunking in caves. JAMAICA TOURISM BOARD

with the locals until sunrise, head to Pier One, which is a "party beyond words," Rose said.

Foodies might fly here just to sample the jerk chicken, pork and seafood — a seasoning combination of pimento and scotch bonnet pepper. For hard-core jerk fans, the Jamaica Jerk Trail is a self-guided culinary tour that includes 22 stops at the island's

top jerk joints and pork pits.

"You have to go to Scotchies," Rose said. "It's a hole-in-the-wall restaurant that has fantastic jerk chicken and pork."

Or head to dinner on a deck under the stars at The Houseboat Grill, moored at the Montego Bay Marine Park Fish Sanctuary.

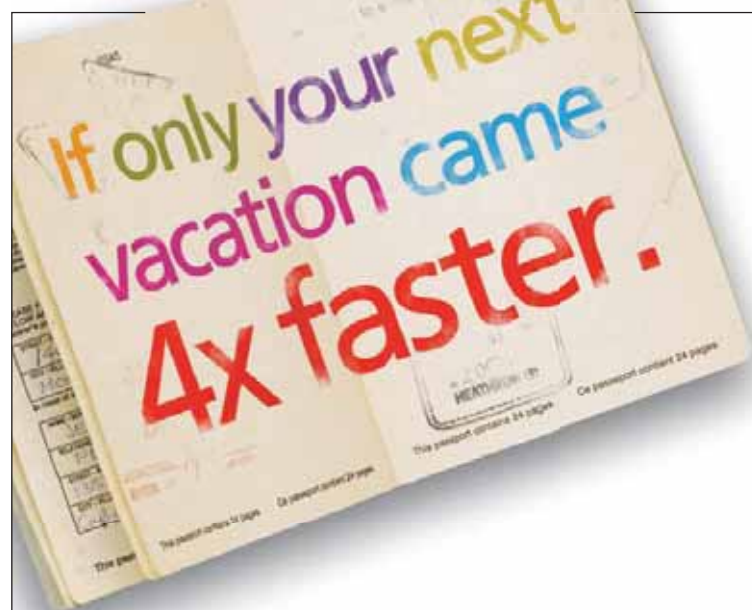
While Kingston is home to the Bob Marley Museum,

Bottoms up

- A visit to Jamaica would not be complete without sampling one of its finest exports: Rum. Visit the Appleton Estate, Jamaica's oldest sugar factory and rum distillery, where some of the best Caribbean rum is made — with its distinctive orange and cocoa notes — and meet Joy Spence, the industry's first female master blender.

visitors can hear reggae all over the island. Reggae Sumfest is the largest music festival in Jamaica, which takes place mid-July in Montego Bay.

Visitors can also tick a few items off their bucket list, such as swimming with dolphins at Dolphin Cove, where they can also take in live reggae music, glass-bottomed boat tours, and shark and stingray excursions.



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Holiday fun

Festivals to
get you in the
holiday moodON THE
MOVE
Loren Christie
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Looking for ways to get in the holiday spirit? A visit to one of these festive destinations will help you get your jingle on.

The Halifax Citadel National Historic Site is the perfect place for Haligonians to get a taste of Christmas past. Visitors can take in the Soldier's Christmas Play, shop for crafts, enjoy hot cider and take in live holiday music with the 78th Highlanders. A stroll along the city's waterfront offers stunning views of the harbour especially at night with the naval ships dressed from bow to stern in holiday lights.

The opening of Toronto's Cavalcade of Lights this past weekend means the square in front of city hall is now illuminated with



Toronto's Cavalcade of Lights. TORSTAR ARCHIVE

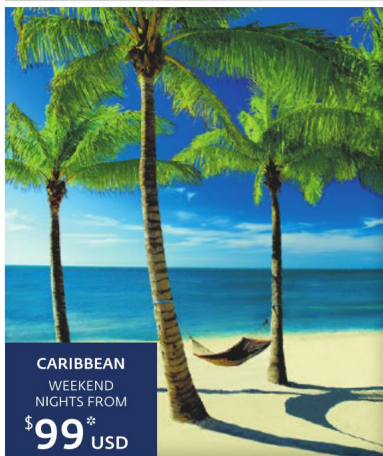
thousands of twinkling bulbs. Rent some skates, do a few spins on the rink below the skyscrapers and soak up Christmas in the big city. Then head over to the historic Distillery District and visit the Lowe's Toronto Christmas Market running until Dec. 21. The entire area is decked out with lighting and decor displays, roving carolers and traditional wooden booths selling locally handcrafted goods and Christmas themed foods from countries like Holland and Germany where the tradition of Christmas markets began.

Vancouver's Carol Ships

Parade of Lights has been a tradition for more than 50 years. Every night during December some 80 boats strung with 100,000 lights sail around False Creek, Deep Cove and Port Moody. Dinner cruises are available on some of the ships, or you can watch from shore. Vancouver also has a Christmas market located on the outdoor plaza at the Queen Elizabeth Theatre. It runs from now right up until Christmas Eve at 6 p.m. Enjoy festive food, entertainment and do your holiday shopping while strolling through romantic rows of decorated wooden huts.

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Emily Richards
food@metronews.ca

As December hits, we often get lost in the bustle of holiday prep. But don't forget to feed yourself and your family in between trips to the mall.

Prepare ahead and do some grocery shopping so you have staples on hand to create hearty delicious dinners that you'll be able to make throughout the week.

Planning can be the hardest part, so sit down on the weekend and pick a few recipes that fit your budget and taste and make a grocery list.

Then shop and stock your pantry and refrigerator for the week ahead.

Ingredients

- 1 tbsp (15 ml) extra virgin olive oil
- 1 large onion, diced
- 2 carrots, diced
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 2 tsp (10 ml) dried oregano leaves
- 1 tsp (5 ml) dried basil leaves
- 1/2 tsp (2 ml) hot pepper flakes
- 1/2 cup (125 ml) brown rice
- 1 can (28 oz/796 ml) stewed tomatoes
- 3 cups (750 ml) sodium reduced chicken or vegetable broth
- 1 can (19 oz/540 ml) mixed beans, drained and rinsed
- 1 pkg (10 oz/300 g) frozen chopped spinach

There will be no excuse for not having dinner when you can put it together with what's already in the house.

Post the recipe of the day on your fridge so whomever gets home first can start chopping and getting things ready.

Preparation can also be the most difficult part of eating well and this time of year you want to continue doing that.

This soup is a great fit for using pantry staples.

As a bonus you can cook it in the slow cooker!

If you're making it in the slow cooker, combine all the ingredients in the slow cooker and cook on Low for six to eight hours or on High for three to

four hours.

For a frozen vegetable option you can omit the frozen spinach and add two cups (500 ml) of your favourite frozen mixed vegetables.

1. In a soup pot, heat oil over medium heat and cook onion, carrots, celery, garlic, oregano, basil and hot pepper flakes for about 5 minutes or until softened. Stir in rice to coat.

2. Add the tomatoes, chicken or vegetable broth, mixed beans and spinach; bring to boil. Cover and simmer for about 35 minutes or until rice is tender.



COOK TIME
ABOUT 40 MINUTES

This recipe makes eight servings. EMILY RICHARDS

Ingredients

- 2 tsp (10 ml) vegetable oil
- 2 onions, chopped
- 2 carrots, chopped
- 3 cloves garlic, minced
- 1 tbsp (15 ml) curry powder or paste
- 1 tbsp (15 ml) minced fresh ginger
- 3/4 cup (175 ml) basmati rice
- 4 cups (1 L) sodium reduced chicken stock
- 1 cup (250 ml) water
- 1 cup (250 ml) light coconut milk
- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1/3 cup (75 ml) chopped fresh coriander or mint leaves

softened. Add curry and ginger and cook stirring 1 minute. Add rice and stir.

2. Add stock, water and coconut milk and bring to boil. Add chickpeas and coriander,

reduce heat and simmer for about 10 minutes or until rice is tender. EMILY RICHARDS

Coconut milk comfort



This recipe serves eight. EMILY RICHARDS

Looking for something with a little twist for dinner tonight?

Why not try a little curry and coconut milk. These two ingredients can become staples in your kitchen and help to create flavourful and unique dishes that your family will love.

Check out this Curried Chicken soup that takes no time at all to make and is a surefire warmer upper.

1. In pot, heat oil over medium heat and cook onions, carrots and garlic 5 minutes or until

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Continuing Studies

Take some time to assess your tardiness

Career. If you are constantly playing catch up with the professional clock, you may want to sort out your schedule

LAUREN
MARINIGH
TalentEgg.ca

Your morning alarm goes off — and before you know it, you've pressed snooze 12 times and you now have five minutes to get ready and get yourself to work.

You may have heard that there are three types of people: the ones who are always 10 minutes early, the ones who are always late, and the ones that show up just in the nick of time.

The truth is, anyone can easily be the type of person who is early or on time. It just takes a change in the factors that are always making you late to begin with.

Here are some tips that



Wouldn't it be nice to stroll to work for once, rather than speed? iStock

can help you be a more prompt person.

Use technology

For chronically late people, setting alarms and/or reminders for everything in your phone and computer can make a big difference.

Even if you don't have trouble remembering engagements, being forced to

set an alarm creates a good opportunity for you to reflect on the amount of time you'll need to prepare and travel to your commitment.

Commit yourself to doing this for everything, and soon it will become second nature.

Tip: This may seem a little drastic, but you can try a

time-honoured solution and put your watch forward. If you're always 15 minutes late, set them 15 minutes ahead. This way when you glance at a clock, you'll mentally think you have to be somewhere now.

Manage your commitments

Frequent lateness can also be a product of an over-stuffed schedule. Recognize that you aren't a superhero and can't do everything. When scheduling appointments, meetings and activities with friends, add extra time to each activity. Monitor how your estimates align with what actually happens.

You may find that you routinely underestimate particular activities more than others — noting these habits will help you compensate in the future.

Tip: Having trouble getting started? Begin by limiting the number of activities you take on in a given day, which may make it easier to

Change your mindset

The mindset of chronically late people is usually: "I'm always late."

- That statement can lead to a complacent attitude. Start thinking about the rewards of being early. With less energy and time spent in a hurry (or apologizing), you'll likely find yourself less stressed. In turn, you'll be more collected and able to focus better, which means your productivity will increase.
- If it helps, think of promptness as a new skill you're working to develop. This will help you reframe ordinary activities as accomplishments, making the entire process more rewarding.

pinpoint where you're going wrong.

Schedule for delays or plan to be early

If you live within a city, traffic can be a big problem. If you live in a less urban area, getting stranded by car trouble is always a possibility. Make sure to allocate this into your scheduling. Leave additional time in case there are delays with traffic

or public transportation.

You might find that your planning and time management skills are just fine — it's just transportation messing up your schedule.

Tip: Check social media or traffic and transit websites when you first wake up in the morning. If there's a delay, you can plan accordingly — and let people know in advance.

A guru of gathering funds offers up his best tips

Career. Tony Robbins has released his first book since the 1990s

DAN
SCHAWBEL
Metro in New York City

Generating wealth is something that people don't like to openly talk about — especially in the current economy. One person who hasn't had that problem is Tony Robbins, the most prominent leader in the

self-help industry. The companies that Robbins has founded or partnered with have a combined annual sales of more than \$6 billion. Now Robbins is ready to explain how he gets things done with his new book *MONEY Master the Game: 7 Simple Steps to Financial Freedom*. Metro spoke to Robbins about some of the ideas and strategies he details in the book.

What do Charles Schwab and Carl Icahn teach about creating wealth?

What I learned that all of these

people have in common is that the greatest investors in the world are obsessed with never losing. Most investors are trying to win. Their view is no matter how smart they are, they're going to be wrong and they can't afford to lose, so knowing this they have a plan to protect themselves.

How can a college graduate, with student debt, benefit from your action plan?

The first step, of course, is to make sure you're paying the least amount of interest on your current debt. The second



Tony Robbins. CONTRIBUTED

step is to start automating a pattern for growing so that you can start tapping into compounded

growth and move from being a debtor to an owner of the world's greatest businesses.

What are your top three pieces of career advice?

Number 1 is decide what matters to you most. Everyone is different. For some people what matters most is position and prestige. For some people it's money, and for others it's fun. For some people it's free time, for some people it's the ability to express their creativity unedited.

You've got to know what's most important to you. Sec-

ondly, everyone says, "Live your passion and the money will come."

This simply is not true. It's possible to live your passion and the money will come, but only if the way you live your passion adds more value to other people's lives.

In my case, I was able to find a way to have my passion and my work be one in the same. Third, if you're going to succeed, there's only one secret: Every day, work harder on yourself than anything else. If you keep growing, then you'll have something to give.



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A holiday bash that all your work buds can enjoy

Career. Make sure to make merry this season in a non-exclusive way

LAUREN MARINIGH
TalentEgg.ca

For many people, the holidays are a time of happiness and celebration.

In the true spirit of the holidays, it's important to make sure that your workplace celebrations are inclusive and respectful of the traditions that different religious, ethnic and cultural groups adhere to this season.

Following these three tips will help when you're making plans to celebrate the holidays at your workplace:

Don't assume

Avoid making assumptions about what other people are celebrating, how they're celebrating or why they're celebrating.

Everyone has the right to decide on the best way to get into the holiday spirit without having to feel the need to defend or explain themselves.

Be flexible

If you do want to celebrate in some way, be open to things that may be unfamiliar to you. Try asking your co-workers for suggestions or ideas



Try not to be the team member who pushes a specific celebration on your colleagues. Invite everyone to revel in the simple fact that you've all made it through another year in one piece. ISTOCK

for how they want to mark the holidays at work.

Your best bet is likely to focus on the season in general and to commemorate the start of a new year above all else. If you want to do something traditional, like a gift exchange, arrange it so that it's not tied to one holiday in particular.

Plan ahead

When organizing holiday-related events, meetings,

outings or parties (especially those that fall outside of regular work hours), plan around all of the major holidays that fall in late November and throughout December.

Make note of special ob-

servances in Christianity, Islam, Judaism, Buddhism and Hinduism, as well as any other religions your colleagues follow, so that you can pick a date that will work for everyone.

We're all in this together

Here are non-denominational ways to make your workplace celebration more inclusive:

- Few things bring people together better than food, and sharing a meal with the people you care about is one of the best ways to celebrate the season. Organize a potluck or arrange to have a variety of foods from different cultures available. It will give people a chance to try new things and encourage them learn about other traditions.
- When decorating your office, skip the commonplace Christmas tree and instead opt for a variety of decorations that celebrate aspects of the holidays common to as many religions as possible (go for themes like winter, peace and light). Limit religious symbols and get everyone to participate in making your workplace more festive.
- If you're going to be playing music at an event, try to intersperse well-known Christmas carols with festive tunes from other cultures. Or stick to upbeat instrumental music that's not associated with any holiday in particular.
- Offer your co-workers, partners, clients and customers non-denominational holiday wishes. In addition to the usual "Happy Holidays" and "Happy New Year," you could send your best wishes for all the joys the season has to offer, a holiday filled with laughter, love, and light or a cheerful and prosperous new year, for example.
- Give thoughtful gifts that aren't holiday-specific, unless you know for a fact that the recipient recognizes a holiday in particular. Choose bags or wrapping paper that doesn't focus on one culture over another.

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JENNIFER GAUTHIER PHOTOS

Find great gift ideas for the holidays

At Royal Centre Mall

Christmas is coming. Do you have your gift list ready to go?

For the picky, the last-minute and the just plain busy gift buyer this Christmas, Royal Centre Mall, adjacent from Burrard SkyTrain Station downtown, is the one-stop shop for presents.

"The beauty of a spa gift is that everyone can use it," says Angela Tereshchenko, the owner of Life Luxe Day Spa & Laser, a new high-end spa that will be holding a red carpet VIP event Thursday to celebrate its grand reopening.

This Saturday, from 10 a.m. to 6 p.m., the spa will be holding an open house to give Royal Centre shoppers a taste of what Life Luxe offers. Shoppers are welcome to watch live demonstrations of the spa's treatments, try product samples, enter a prize lottery, and take advantage of other special promotions.

The new spa offers a plethora of gift ideas, including nail services, waxing, advanced technology facials, body care treatments and massage, IPL hair removal and Venus Freeze body contouring, makeup application and keratin smoothing hair treatment.



"A Life Luxe gift card is perfect because it lets your gift receiver choose for themselves," Tereshchenko says.

Once you are fresh and glowing from your spa treatment, find a fabulous outfit for your Christmas party or for the holidays.

Bellissima will help you bring the glitz with polished designer clothing that's fun and professional. The well-made fashions

also make the perfect gift for any woman of style in your life.

For those gentlemen on your list who appreciate great fit, fabric and tailoring, Giorgio's is your destination. The men's clothing retailer at Royal Centre offers a range of work and casual wear by brands including John Varvatos, Eton shirts, ZZegna, Zegna Sport, Ted Baker and Michael Kors.



A GOURMET EXPERIENCE

You can't go wrong with food when giving gifts. The carefully chosen international ingredients at The Deli in Royal Centre Mall make a perfect gift for your family members who love to make their cooking into a gourmet experience.

As you are shopping for the rest of your list, stop in for one of The Deli's legendary sandwiches, made with the high-quality ingredients for which it is known. The Deli features many seasonal items that are not freely available in other stores.



Canucks defenceman Kevin Bieksa passes the puck around Capitals Tom Wilson and Joel Ward on Tuesday in Washington. ROB CARR/GETTY IMAGES

Canucks PP fires on all cylinders

NHL. Daniel Sedin accounts for two of three goals scored on the man advantage

Daniel Sedin scored two of Vancouver's three power-play goals and assisted on the other, and the Canucks defeated the Washington Capitals 4-3 Tuesday night.

Sedin scored the game-winner at 9:39 of the third period

On Tuesday

4

Canucks

3

Capitals

- The Canucks have won six of their last seven against the Capitals.

- Vancouver last dropped consecutive games on Oct. 18 (Tampa Bay) and Oct. 21 (Dallas).

when he took a pass from twin brother Henrik Sedin in the left circle and fired a shot to the far side of Braden Holtby.

The Canucks, who are 2-1

on their seven-game road trip, bounced back from Sunday's loss at Detroit. They haven't dropped back-to-back games since mid-October.

Radim Vrbata added a power-play goal and an assist, and Derek Dorsett also scored for Vancouver. Henrik Sedin had two assists, and Ryan Miller finished with 23 saves.

John Carlson had two goals and an assist, and Brooks Laich also scored for Washington, which is 1-3-1 in its last five games.

Holtby made 28 saves for the Capitals, who have allowed three power-play goals in each of their last two games.

THE ASSOCIATED PRESS

Jean Beliveau

Habs legend dies at 83 years of age

The hockey world has lost one of its legends.

Former Montreal Canadiens star Jean Beliveau died Tuesday at the age of 83. His death was confirmed by a member of the NHL club.

A supremely skilled centre for 18 seasons, Beliveau was also a gracious spokesman for the Habs and the sport.

He scored 507 goals, won 10 Stanley Cups and was captain for 10 seasons before his retirement in 1971. He then moved seamlessly into an executive position with the club.

He was inducted into the Hockey Hall of Fame in 1972. **THE CANADIAN PRESS**

Mr. Hockey

Howe suffers third stroke in as many months

Hockey Hall-of-Famer Gordie Howe has suffered his third stroke since late October and was hospitalized early this week, his daughter said Tuesday.

Cathy Purnell said her father suffered a "significant stroke" on Monday. Howe was stable and "a little bit alert" Tuesday morning, and doctors at a Lubbock hospital where he was taken were scheduled to do additional tests, she said.

"He's a fighter," Purnell said. "The man is tough. He has this will to keep going, all things considered."

Howe suffered what his children called a serious stroke in late October and another in early November.

THE ASSOCIATED PRESS

Soccer players pressure FIFA for talks



Nadine Angerer, left, Marta and Abby Wambach are among the players challenging the use of artificial turf at next year's Women's World Cup.

FABRICE COFFRINI/AFP/GETTY IMAGES

Players challenging the use of artificial turf at next year's Women's World Cup in Canada are pushing to speak to FIFA secretary-general Jerome Valcke at the tournament draw in Ottawa later this week.

And they want to discuss goal-line technology and prize money at the showcase soccer tournament as well as the playing surface.

The lawyer for the players says if they do not get to speak to the FIFA executive, the entire Australian team will join the rebel faction whose legal

challenge over artificial turf is currently before the Human Rights Tribunal of Ontario.

The players have jumped on Valcke's commitment to keeping lines of communication open.

"We will again welcome open dialogue at the official draw on Dec. 6 in Ottawa," Valcke said in an Oct. 29 article on fifa.com.

"I personally, will attend (the draw) alongside our pitch expert and medical teams, and I am sure that in this way we will be able to address all con-

cerns and doubts so that all of the participating teams can focus on their preparation for the biggest event in women's football."

A FIFA spokesman subsequently reiterated that Valcke, who will also attend a news conference Friday in Ottawa ahead of Saturday's draw, is willing to talk.

Some of the players who are part of the legal challenge cannot attend the draw, their lawyer said. They have proposed a conference call Thursday or Sunday. **THE CANADIAN PRESS**



Calgary celebrates with Cup

Stampeder slotback Nik Lewis lifts the Grey Cup as he celebrates with fans during a rally after bringing it home to Calgary on Tuesday.

JEFF MCINTOSH/THE CANADIAN PRESS

Big changes loom after Lions' lacklustre season

CFL. Buono says Glenn won't be back with Lions in 2015, team's culture has to change

The housecleaning continues for the B.C. Lions.

Less than two weeks after firing head coach Mike Benevides, general manager and vice-president of football operations Wally Buono said Tuesday the team is cutting ties with several veterans, including quarterback Kevin Glenn.

"It's about winning," said Buono. "It's not about anything else."

The 35-year-old Glenn was acquired in the off-season as an insurance policy behind No. 1 pivot Travis Lulay, who was still recovering from off-season surgery to his throwing shoulder.

Lulay wasn't healthy enough to play until early September and re-injured the joint



Lions GM and VP of football operations Wally Buono said Kevin Glenn won't be back with the team in 2015. KYRIES HEBERT/GETTY IMAGES

in his only start, meaning that Glenn ended up starting all but one game for a Lions team that finished 9-9 before suffering an embarrassing 50-17 playoff loss to the Montreal Alouettes.

Glenn — who won't be offered a new contract — threw for nearly 4,000 yards and had 17 touchdown passes, but he was also intercepted 17 times.

"Professional sports, you get measured by winning, and when you don't win there's issues and usually there's consequences," said Buono.

Buono also announced the Lions will not be picking up the contract options for defensive back Dante Marsh, defensive end Khalif Mitchell, linebacker Jamall Johnson and

punter Ricky Schmitt.

Marsh played 11 seasons with the Lions, but the 33-year-old had injury issues in 2014 and said after the Lions' playoff loss that he didn't expect to be back.

Mitchell, meanwhile, was brought back into the fold after being traded to Toronto after the 2012 season, but the hulking lineman who dominated with the Lions in his previous stint with the club failed to make much of an impact.

In taking his share of the blame Tuesday, Buono said there were things he could have done differently in assembling the team, including the character in the locker-room.

"When you look at the personnel and you look at the chemistry, maybe the chemistry wasn't what we wanted. When you bring in players there's always a risk that things blow up in your face," he said.

THE CANADIAN PRESS

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2014-15 Mazda CX-5

- **Type.** Four-door, front- or all-wheel-drive compact SUV
- **Engines.** 2.0-litre four-cylinder (155 hp); 2.5-litre four-cylinder (184)
- **Transmissions.** Six-speed automatic (six-speed manual available with 2.0-litre)
- **Price.** \$22,995 base, \$28,795 as-tested

Market position

The CX-5 replaced Mazda's CX-7, a slightly larger and much heavier model that offered a thirstier turbocharged engine. The more fuel-efficient CX-5 is far better positioned in a crowded segment where mileage is an important consideration for buyers.

Points

- Mazda has added SkyActiv fuel-saving technologies on its vehicles as they are updated, but the CX-5 is the first model to get all of them.
- An auto-brake system that applies the brakes if the SUV is about to hit another vehicle can be optioned on the GT.
- The GS and GT rear seat folds 40/20/40, so you can carry long items and still have room for two passengers.



Rear seats are spacious and fold 40/20/40 on higher-trim models.

Interesting features

Available bi-xenon headlamps, rain-sensing wipers, navigation, Bluetooth with text message function, blind-spot monitoring system, and a crash-avoidance auto-braking system.

Add pepper for extra sizzle

PHOTOS: JIL MCINTOSH



Compare



1 Volkswagen Tiguan

Base price: \$24,990

A turbocharged 200-hp engine, elegant cabin, and smooth handling make this a great machine.



2 Nissan Juke

Base price: \$19,998

It's not pretty, but it's a great driver, thanks to an available and very sophisticated AWD system.



3 Mitsubishi RVR

Base price: \$19,998

Compact and efficient, the RVR boasts many features and an impressive warranty.

Review. Peppy 2.5-litre engine makes Mazda CX-5 much more fun to drive than with base 2.0-litre powerplant

JIL
MCINTOSH
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Fuel economy is an essential consideration in a vehicle, but it has to be balanced with performance. Mazda discovered that the hard way when it introduced its CX-5 with a 2.0-litre engine that sipped fuel but could be sluggish, especially in heavy traffic.

That engine is still available, but Mazda has now added a peppier 2.5-litre four-cylinder that is still efficient (I averaged 9.9 l/100 km in cold weather), but makes it far nicer to drive.

For 2015 models, the base GX still uses the 2.0-litre, in front- or all-wheel drive, starting at \$22,995. The mid-range GS uses the 2.5-litre and comes in FWD or AWD. My AWD GS tester rings in at \$30,895.

You can also get the GT, which comes in AWD only, starts at \$33,495, and adds such features as leather upholstery and dual-zone climate control.

The bigger engine makes 184 horsepower, which is almost 30 more than the



The controls are easy to use, but the start button is hidden behind the wiper stalk.

2.0-litre. The CX-5 also has all of Mazda's SkyActiv technology, which includes direct gas injection, lightweight construction and optimized transmission performance for better fuel economy.

Mazda is known for its

sporty handling, and the CX-5 delivers, with quick response and pleasantly light steering. There's none of the tiring over-eagerness some sportier models can exhibit.

The interior offers comfortable seats, with three-stage

heating and power driver's adjustment, and the rear chairs are roomy and fold flat for extra cargo space.

I like the heater's simple dial controls, and the stereo is easy to use. But the engine start button is wedged in behind the wiper stalk where it's tough to reach, and only the driver's window button is backlit, so at night you have to fumble to find the lock buttons and mirror switch.

Of course, some drivers may prefer the smaller engine, so test-drive it in case it is the one for you. But if it leaves you wanting more, take out the GS or GT models with their larger powerplant. I think you'll be pleasantly surprised.

5 DRIVE

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Cadillac will extend electric-vehicle options

GM's luxury division has several plug-in vehicles planned for the near future as it gets solidly into the electric game. In the planning stages now is an all-electric sedan to join the updated Cadillac ELR range-extended luxury coupe for 2016. A plug-in hybrid model of the upcoming CT6 large sedan will follow. Further down the road, Cadillac will have a successor to the ELR (its first electrified product) using the Voltec electric drive system with gasoline range extender, and might offer it as a sedan. Cadillac CEO Johan de Nysschen told Reuters the new electric sedan is part of a plan to expand the Cadillac brand's arguably limited model range.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM



With negligible sales of the Cadillac ELR, if the company wants to build more electric vehicles, something different will have to be done to get some volume going.

Electric goes better with Coca-Cola

Eager to increase the fuel efficiency of its massive fleet of commercial delivery and service vans, Coca-Cola is testing a growing fleet of Chevrolet Express 3500 vans retrofitted with aftermarket hybrid kits, and says it has found them satisfactory. After starting with 103 hybrid vans at the start of this year, Coke plans to add another 140 in 2015, according to a report from Automotive-Fleet.com. The vans are assigned to technicians who make repair calls for soft-drink vending and fountain machines. The conversion includes a lithium-ion battery pack mounted in the rear of the vehicle; the battery gets energy from regenerative braking as well as from the engine, and powers an electric motor.



Coca-Cola has been converting its fleet of trucks to hybrid electric.

Shift points

- Mazda told Autocar magazine that its next-generation SkyActiv engines will be so efficient they'll be cleaner to run than electric cars, and will emit less carbon dioxide per kilometre than is created to generate the electricity needed to run an electric car.
- Electric turbochargers are being seen as a way to increase fuel efficiency of downsized engines without curbing their power output. The electric units eliminate turbo lag — the delay between when the gas pedal is pressed and when you feel the power — and produce more power at lower engine speeds.
- London's Guardian newspaper quotes a report from Zurich-based bank UBS saying that demand for plug-in electric cars could drive down the cost of home solar power so much that subsidies will no longer be necessary.



The hybrid and natural-gas-powered versions of the Civic are now available in most U.S. states, but only the hybrid is sold in Canada.

Natural gas and hybrid Civic models among top-10 green vehicles for 2014

Hybrid and natural-gas-powered versions of the 2015 Honda Civic went on sale in 37 U.S. states in November, giving drivers more choices for greater fuel efficiency and environmental performance. (The hybrid is available in Canada, the natural-gas model is not.) The fuel-efficient Civic models were recognized by the American Council for Energy-Efficient Economy as being among the top-10 greenest vehicles of 2014, in its annual Green Book Online ranking of environmentally responsible vehicles. Valuation experts Kelley Blue Book lauded the Civic Natural Gas for using a clean-burning fuel that can be sourced in North America.

BMW is testing a bright new idea for electric cars

One of the biggest problems facing promoters of electric vehicles is a lack of charging stations. But the MotorAuthority website suggests the basis for an expanded network is already in place, in the form of street lights, which are practically everywhere. As part of a pilot program, BMW has installed two of what it calls light and charge units in front of its Munich headquarters. Drivers are able to plug in and pay by using a smartphone app. Incorporating efficient LED illumination with BMW's own ChargeNow fast-charge station, the units "can be easily added" to any existing municipal infrastructure, the website explains.

Combine the S with a D to get power on par with a Porsche 911

Tesla CEO Elon Musk has unveiled a performance upgrade package for the Model S that could further change the perception electric vehicles are slow and stodgy. The D upgrade transforms the Model S "from a mere groundbreaking electric car into something even more remarkable," reports The Car Connection website. With an extra motor added to the sedan's front axle, the drivetrain shifts to four-wheel drive from standard two-wheel drive in milliseconds, cutting the car's zero-to-60-mph (96 km/h) time to an eye-watering 3.2 seconds, matching the 2014 Porsche 911 Turbo. The package also makes the car more efficient, increasing the range of both the standard Model S and the premium higher-powered P85 model.



A performance upgrade package for the Tesla Model S puts the electric sedan on par with sports cars such as the Porsche 911 Turbo. Of course, the Tesla does so without tailpipe emissions and seats up to seven people.

European flair helps recharge stodgy van scene

Autopilot. Traditional North American panel vans are being kicked to the curb by stylish and practical Euros



AUTO PILOT
Mike Goetz
drive@metronews.ca

A new breed of Eurocentric models has suddenly taken over the panel van scene.

The Scooby Doo gang is still sticking with its old-school Mystery Machine. But most other full-size van users, particularly those who need them for business, have been thrilled to make the switch to the new styles.

And who could blame them? The traditional panel van, as designed and built by GM, Ford and Chrysler, has barely changed in basic proportions and structure since the 1960s — heavy body-on-frame construction, one-size roof that makes it hard to stand up inside, poor fuel efficiency and handling, etc.

The new vans from Asia and Europe come from designs prioritized more for commercial use.

Dodge stopped making its Ram van years ago. As Ford's E-Series (a.k.a. Econoline) heads into its third decade, it is now only available as a heavy-duty chassis cab cut-away. GM's Savana/Express combo is still around but, starting in 2015, will only be available in heavy-duty versions — no more light-duty 1500 series.

These vans have all been replaced, or soon will be, by models and designs sourced from other world markets, where they have already proven their worth.

See the fact box for a full list, but a special nod has to go to the Mercedes-Benz Sprinter, which started this new wave back in 2004, when it was first sold here as a Dodge model.

Van evolution

The wave of Euro vans started in 2004, but really took off this year.

- Dodge Sprinter, 2004, rear-wheel-drive, full-size
- Ford Transit Connect, 2010, FWD compact
- Nissan NV, 2012, RWD full-size
- Nissan NV200, 2013, FWD compact
- Ram ProMaster, 2014, FWD full-size
- Ford Transit, 2015, RWD full-size
- Ram ProMaster City, 2015, FWD compact
- Chevrolet City Express, 2015, FWD compact
- Mercedes-Benz Citan, 2015, FWD compact

It came at a premium price but convinced everyone it was the way to go, with its efficient diesel powertrain, and its greater flexibility and utility. The taller and longer Sprinter offered several wheelbase and roof-height configurations to fit just about any application. They are also easier to outfit and load, and drive better.

And you can stand up inside! If you're in and out of the van all day, that's a huge benefit to human efficiency and neck muscles.

Of course they haven't been put through the wringer of popular culture, like the old-style vans have for decades. I'm not sure these new ones lend themselves to hot-rodding and customizing and personalizing, so we may be losing a cool vehicular canvas.

But fewer people are into that these days, and nothing lasts forever. Onward and upward.



Ram's new ProMaster City compact van will be available in both cargo and passenger configurations. CONTRIBUTED



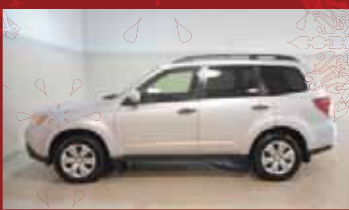
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 2005 VOLKSWAGEN JETTA Automatic, leather package, power group, A/C, sunroof, radio, CD player and more \$46** WEEKLY @ 60 MONTHS SALE PRICE \$6,995	 2009 JEEP LIBERTY 4X4 Automatic, 4WD, V6 engine, power group, leather package, sunroof and more \$66** WEEKLY @ 78 MONTHS SALE PRICE \$15,995	 2006 CADILLAC SRX AWD, V6 engine, automatic, heated leather seats, power group, sunroof and more \$56** WEEKLY @ 60 MONTHS SALE PRICE \$9,995	 2002 TOYOTA CELICA Low mileage, sporty, economical, A/C, FWD, power group, A/C, CD player and more \$92** WEEKLY @ 24 MONTHS SALE PRICE \$5,995

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Your emotions may fluctuate today but nothing bad will come of it as long as you refuse to attach too much importance to the way you feel.

Taurus

April 21 - May 21

If someone has been taking advantage of your good nature, you must cut them out of your life. They will see you are serious and will come back begging for your forgiveness.

Gemini

May 22 - June 21

Your present location may seem exactly right for you but when Mars changes signs tomorrow new options will present themselves and you will start to think about making a move.

Cancer

June 22 - July 23

You may not feel at home with a certain group of people but what you learn from them will make other areas of your life so much easier to deal with. You are about to gain a new perspective on an old problem.

Leo

July 24 - Aug. 23

Focus your mind on partnerships and you will find there is plenty to be positive about. A relationship is about to enter a more passionate phase.

Virgo

Aug. 24 - Sept. 23

The task you have to set for yourself may seem daunting but it is only your negative attitude that makes it so.

Libra

Sept. 24 - Oct. 23

If you hope for the best today, you will get it. What you need to realize is that you always attract into your life the kind of luck you think you deserve.

Scorpio

Oct. 24 - Nov. 22

Don't deny yourself anything over the next 24 hours. If you crave something let yourself have it. There may be a touch of guilt involved but that will only add to your enjoyment.

Sagittarius

Nov. 23 - Dec. 21

You can find it hard to apply yourself to routine tasks and that will be even more of a problem than usual today and tomorrow. If you feel the need to get out into the world and explore then do so.

Capricorn

Dec. 22 - Jan. 20

Attitude is everything today and if you approach a troublesome situation in a negative frame of mind you will probably find yourself on the losing side.

Aquarius

Jan. 21 - Feb. 19

Mars, planet of energy and ambition, moves into your sign tomorrow, so start thinking about what you would like to change in your life because you will soon get the chance.

Pisces

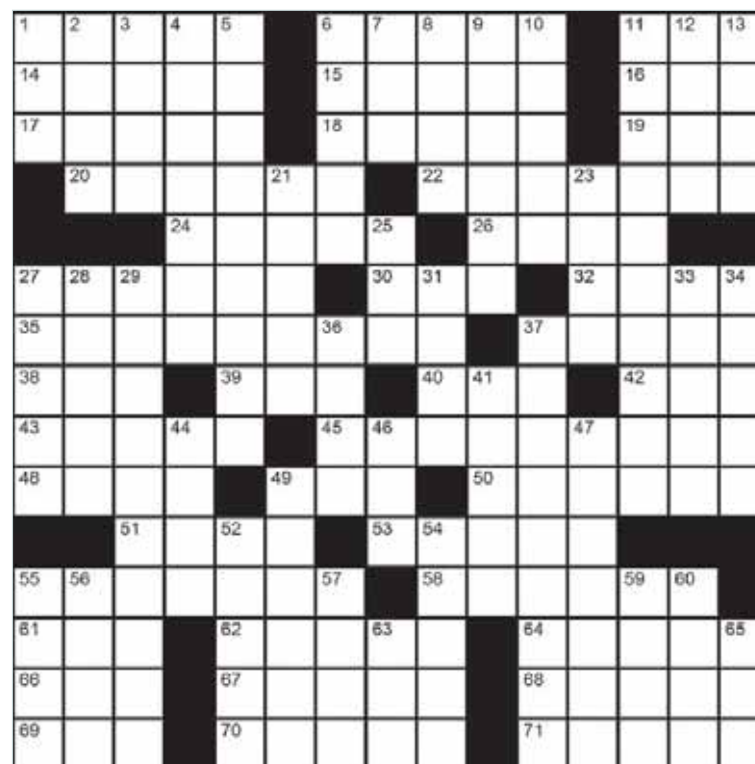
Feb. 20 - March 20

Are your expectations realistic? Think about it because over the next few days your goals are sure to be challenged.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Odyssey's prequel
6. Canadian actress Ms. Reid
11. Winnipeg Jets home, ___ Centre
14. Actress Ms. Gaynor
15. Lend ___ (Listen): 2 wds.
16. Ottawa, e.g.
17. Rockies toppers
18. Resulted in: 2 wds.
19. Quid Quo link
20. Rascal ___ (Country band)
22. #50-Across accessory: 2 wds.
24. "The Rare ___"
26. "___ vidi, vici."
27. ___ de justice (Montreal courthouse)
30. ___ v. Wade
32. Clair
35. It's wheely fun at the gym: 2 wds.
37. Ms. Blair
38. Mr. Linden
39. Mr. Bachman
40. Musical note
42. Li'l lengths
43. Citric, and others
45. Ontario: ___ Island (Attraction on Georgian Bay)
48. "What are ___ do then?"
49. Sheep's sound
50. Mr. Snowman
51. Conceal
53. Little write-up
55. Fighting punch:



2 wds.

58. Cover stories
61. Helios' 'H'
62. Symbols
64. It shines brightly in Cygnus
66. Q. "What goes before 'E' except after 'C'?" A. "___ '___"

67. Musical group of nine
68. Musical grinder
69. Way out
70. Eats at
71. Spiral-horned antelope

Down

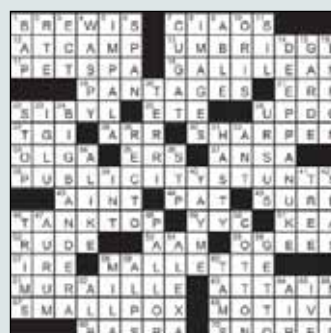
1. Pixie

2. Poet's 'willingly'
3. Romance lang.
4. "Harry Potter and the Prisoner of ___" (2004)
5. City zones
6. Made up
7. 'Alp' suffix
8. Brit. word/refer-

- ence works
9. "O Canada! / Our home and ___ land!"
10. Have ___ in the movie
11. Winnipeg: ___ Street Station Casino
12. Scarlett's home
13. Detect

21. 'Mechanical Resonance' band
23. Bendable leg region
25. Pros on CTV's "Saving Hope"
27. "Yeah, right!"
28. Rapidly
29. Concert tour for female musicians founded by Sarah McLachlan: 2 wds.
31. Winter Olympics city in 1952
33. "Are too!" comeback: 2 wds.
34. Wicked
36. A, in communications
37. Community in western Manitoba
41. Atrocious
44. DIY = ___ Yourself
46. Sci. workplace
47. Joni Mitchell's "Raised on ___"
49. Lighthouse
52. Nightclub music gig
54. Holds up
55. Toronto hockey player
56. Poem by Matthew Arnold, Empedocles on ___
57. ___ fide
59. Ms. Swenson of "Benson"
60. Heidi Klum's ex
63. NYC part
65. Passed in 1867, it made Canada [acronym]

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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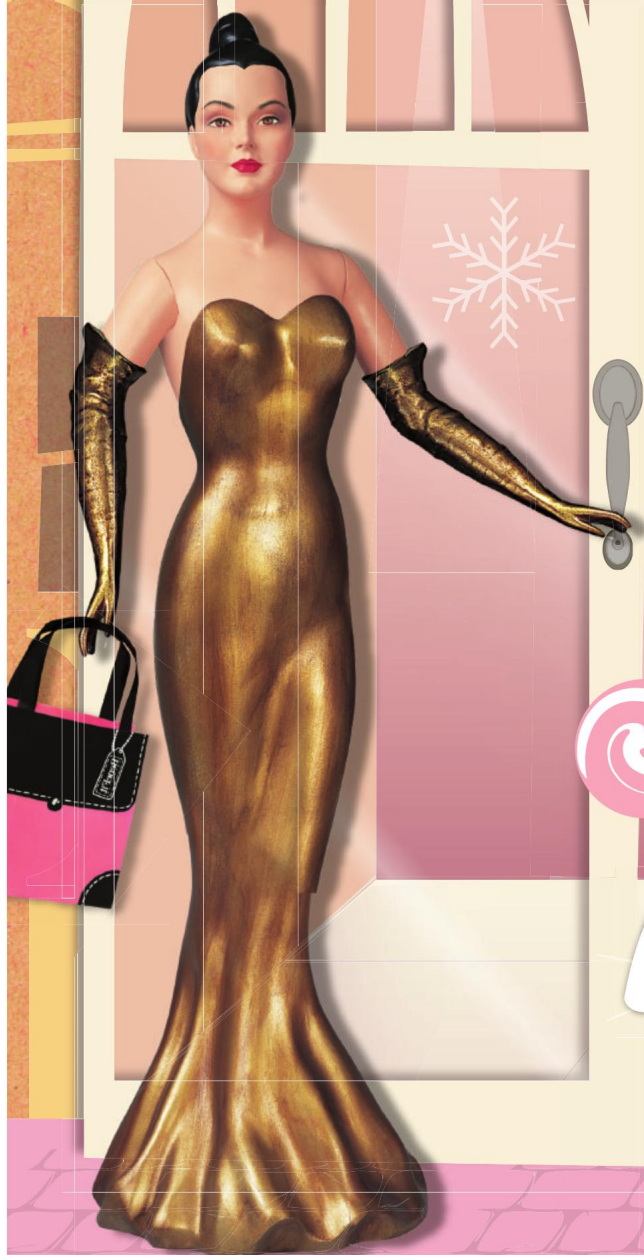




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